

## ABSTRACT OF THE DISCLOSURE

The ingestible supplement for treating musculoskeletal disorders is made of per supplement from about 250 mg to about 2500 mg of 2-amino-2-deoxyglucose sulfate, 2-amino-2-deoxyglucose sulfate hydrochloride, n-acetyl 2-amino-2-deoxyglucose sulfate, or combinations thereof; from  
5 about 40 mg to about 750 mg of acetyl myristoleate; from about 40 mg to about 800 mg of s-adenosylmethionine; from about 200 mg to about 2000 mg of a protein; from about 100 mg to about 2500 mg of Vitamin B, Vitamin C, Vitamin E, or complexes thereof; and from about 1000 mg to about 9000 mg of a fiber. A method for improving joint mobility in a subject comprising administering to the subject an amount of the supplement involves administering to a subject an  
10 amount of the supplement on a regular basis.